



A University of Hawai'i Cooperative Extension Service Project

www.ctahr.hawaii.edu/tcym

Course Objectives



- Increase your knowledge about financial planning
- Improve your ability to make informed decisions



Getting to the Heart of the Matter

Presenter



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Lesson Objectives

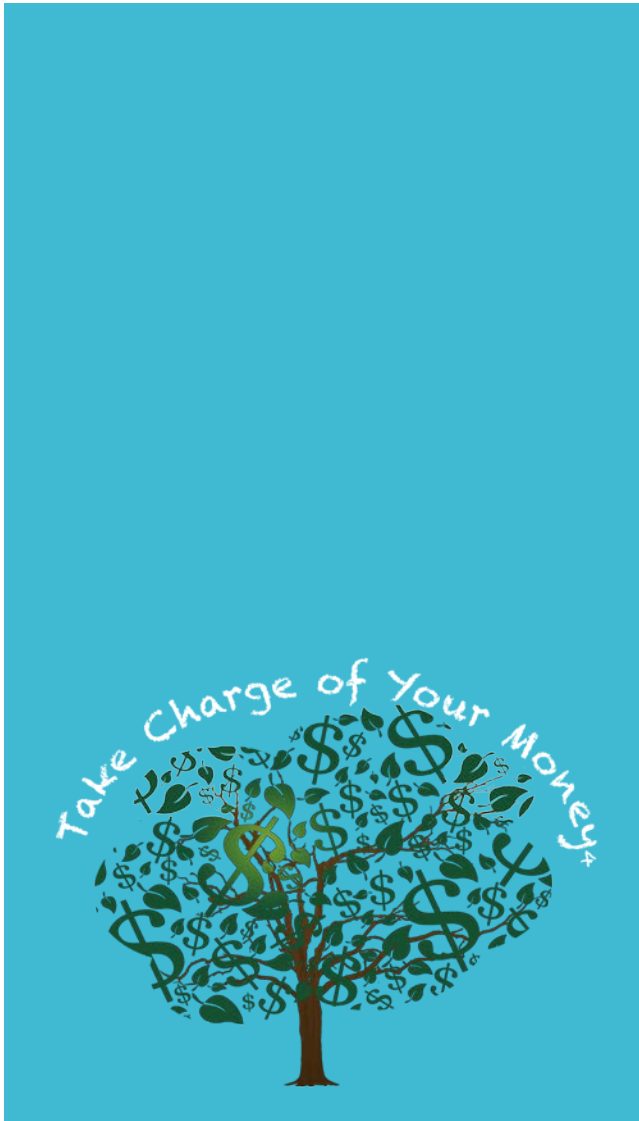


- Learn how to start the conversation on what Living Well Means to you
- Become aware of why planning ahead matters
- Discover Your Voice

End of Life in America



- 90% chronic illness
- Over 70% die in institutions
- About one in five die at home
- Only about a third will die with hospice care



Planning Ahead

(aka Advance Healthcare Planning)



- Opportunity to address your wishes, preferences, fears and range of choices if you became very ill
- Opportunity to weigh the benefits and burdens of future healthcare decisions
- Translate your wishes and preferences into legal documents
- Understand this is a process, a journey meant to be revisited and shared

The Conversation - Before the Hurricane



- Helps assure our voice is heard
- Helps prepare us and our family for what's coming
- Helps assure our wishes are followed

The Conversation - During the Hurricane



In Crisis, without our voice...

- We force our families and health care providers to translate what they THINK we would want rather than what WAS wanted
- We Risk receiving unwanted care
- We Risk unnecessary suffering for everyone

The Conversation – After the Hurricane



- Helps make sure your voice was heard and you were cared for in the way you want
- A Gift to those you love by making sure they were not burdened making decisions for you in times of uncertainty

“Breaking
the Ice”



Personal Stories on End-of-Life Issues



KŌKUA MAU
"Continuous Care"

Hawai'i Hospice and Palliative Care Organization



Start the Conversation



**Informed
Choice**

**Shared
Decision Making**

**Live Well
On Your Terms**

The Conversation “Living Well”



- What activities or experiences are most important for you to live well?
- What gives your life meaning?
- What fears or worries do you have about your illness or medical care?
- What would make the quality of your life unacceptable?
- What cultural, religious or spiritual beliefs are important to you?

The Conversation “Why Is It So Hard?”



- Hard to imagine “Very Sick”
- Fear/anxiety
- Generational/Ethnic/Religious
- Magical thinking, superstitions
- TV’s impact
- Financial impact and worries
- Avoidance by healthcare providers

Change the
Conversation



FROM

“What’s the matter with you?”

TO

“What matters to you?”

Website &
TV Channels



Take Charge of Your Money₄

- Visit Us

www.ctahr.hawaii.edu/tcym

- TV channels

- 354

- 355

Credits



We would like to thank the following groups for their support:

- University of Hawai'i at Mānoa
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 - Information Technology Services-Academic Technologies
- Queen's Medical Center
- Kōkua Mau